

# WHAT IS THE ARCHCARE TIMEBANK?

The ArchCare TimeBank is a **free** community program open to everyone in New York City.

Members bank their time helping each other, providing and receiving services, assisting neighborhood organizations, and participating in member-led group activities.



**Do an Errand**  
+1 Hour



**Get a Lesson**  
-1 Hour

## INCLUSIVE, DIVERSE & INTERGENERATIONAL



**1,200+ members**

From kindergarteners to great-grandparents, speaking 30+ languages.



**60+ organizational members**

Including neighborhood centers, houses of worship, soup kitchens, healthcare organizations, and more.

## ESSENTIAL SERVICES

On a daily basis, members generously assist each other, providing key services including escorting to the doctor, assistance with food shopping, prescription pick-ups, Tutoring, English lessons, minor home repairs, alterations, translations and so much more.



**Thousands of hours of service are provided by TimeBank members every month.**

## KEY TIMEBANK BENEFITS

- Informal support network
- Post-hospital stay support
- Assistance for caregivers
- Help with instrumental activities of daily living
- Support for homebound individuals



## IMPACT OF THE TIMEBANK ON ITS MEMBERSHIP

A study on older adult TimeBank members, funded by the Fan Fox & Leslie R. Samuels Foundation, Inc., found that **100% of those surveyed experienced positive benefits from being a TimeBank member**, with 90% reporting an increase in socialization.



**48%** of those surveyed reported improvements in physical health.



**72%** of those surveyed reported improvements in mental health.

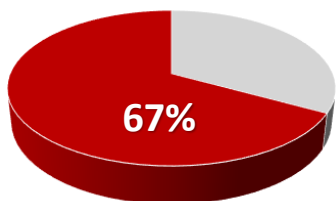


**79%** of those surveyed reported receiving support to stay in their community as they get older.

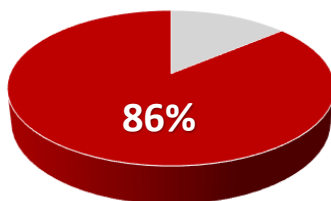
Additional benefits reported included **increased access to health & other community services, improved quality of life, increased socialization**, as well as an **increased sense of belonging to the community**.

## CROSSING THE DIVIDES

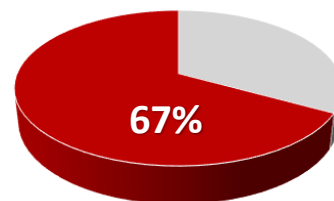
An analysis of TimeBank member service exchanges found that **most exchanges spanned across different age groups, income levels and ethnic backgrounds**.



2 out of every 3 exchanges were between members of **different generations**.



6 out of every 7 exchanges were between members in **different income groups**.



2 out of every 3 exchanges were between members of **different ethnic backgrounds**.

## FOR MORE INFORMATION

Contact us at **844-880-4480** or [archcaredtimebank@archcare.org](mailto:archcaredtimebank@archcare.org)

Find us online at [www.archcaredtimebank.org](http://www.archcaredtimebank.org)

